

# Description

## [ *U-TWIST* ]

### DETAILED DESCRIPTION

[0001] U-twist is a (60"tall), free standing, tubular framework or structure having a single upright main tube supported by a 12" circular base. A horizontal 26" plank extends from the 60" vertical tube and base assembly. The plank is connected to a bearing assembly fitted around the vertical tube allowing the plank to spin in a 360 degrees circular motion when the opposite padded end is struck. Below is a pictorial example of how U-Twist is used. The first picture is an exploded view of the finished product. Fig-2 shows a close up view of the Adjustable Bearing Assembly. Fig-3 is an example of the U-Twist in the high position. Fig-4 is a high lighted view of the U-Twist Adjustable Bearing Assembly. Fig-5 is an example of striking the U-Twist with the hip area. Fig-6 is a view of using elbow jabs on the U-Twist. Fig-7 is an example of using your legs by kicking or kneeing the U-Twist. Fig-8 Is an example of punchig the U-Twist. Fig-9 shows how to use

elbow jabs on the U-Twist. Fig-10 is a close up view of the bearing assembly.